

Ten basics

To be flexible as a parent, but stay consistent about what's important, try these 10 things with your tamariki.

1. Give lots of aroha and positive attention. 
2. Try to do something they enjoy every day.
3. Notice them being good and praise them.
4. Have a small number of rules and stick to them.
5. Give them plenty of warning so they know what's coming next. 
6. Have reasonable and related consequences if they break rules. For example if they hit someone, they have to play on their own for a bit. 
7. Think about what upsets or challenges your children. (Page 16 has more on this.)
8. Behave how you want them to behave. They'll learn more from what you do than what you say. 
9. Give them simple choices. For example the red or the blue t-shirt? Not which t-shirt they want to wear.
10. Have a routine but expect that it won't work some days.

Whānau say

"Say more positive things than negative things. Kia kaha!"

